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BEVERAGE

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The object of this invention is a beverage for promoting concentration.

The task of the invention is to make available a beverage that when consumed promotes concentration and coordination, suppresses dizziness and has a vitalizing effect.

The task is solved by a beverage with the characteristics of Claim 1.

The beverage in accordance with the invention contains, in addition to a beverage base, ginger extracts in a concentration from 50 to 5000 mg/L, niacin in a concentration from 27 to 270 mg/L, vitamin B6 in a concentration from 3 to 30 mg/L and caffeine in a concentration from 40 to 400 mg/L. In addition, it can contain 20 to 100 µg/L selenium.

Ginger extract means in this case the oleoresin that can be extracted from ginger. Besides pungent substances (gingerols, shagaols, zingerone, paradols) and zingiberol as primary aroma vehicle, it contains other active agents (zingiberene, gingerdiol, monoacyldigalactosylglycerols, diarylheptanoids, vitamins and phytosterols). The broad range of its pharmacological efficacy made ginger a widely used curative. Among other places, ginger is used to control kinetoses such as travel (motion) and sea sickness because of its antiemetic effect. In clinical tests ginger proved to be an extremely effective antiemetic, without leading to signs of visual defects, dizziness or fatigue; these undesirable side effects frequently arise when using alternative active agents. In addition, ginger improves circulation and thus increases cellular metabolic activity.

Niacin is a B vitamin and makes important contributions to safeguarding nervous functioning. A deficiency of niacin can lead to dementia in the long term.

Vitamin B6 is a generic term for the derivatives of 5-hydroxymethyl-2-methyl-3-pyridinol. A deficiency of vitamin B6 has disorders in the nervous system as a consequence. Moreover, irritations of the mucous membranes of the mouth and eyes as well as depression, drowsiness, loss of appetite and perception disorders can arise.

Caffeine is characterized by its stimulant effect. By dilating the blood vessels in the brain it leads to an overcoming of fatigue as well as temporary improvement of working capacity and an improvement of mood. In medicine caffeine is used in cases of headaches, among other situations.

Through its antioxidative potential selenium offers protection against cell aging, which is described in particular in connection with diseases of the eye (grey cataracts). Additional ingestion of selenium is recommended in cases of elevated stress and working at a computer. Supplementation appears to be especially meaningful in regions in which the selenium intake is considered to be low (Germany).

The beverage in accordance with the invention has a concentration and coordination promoting effect on the consumer, suppresses symptoms of dizziness and leads to a general vitalization.

Through the combination of active agents in accordance with the invention the performance of the consumer is improved, which shows up especially in work that requires concentration. Preferably the combination of active agents in accordance with the invention is specially directed to the needs of a consumer who is at a monitor every day.

Moreover, the beverage has a pleasant flavor, so that the consumer likes to drink it and it thus leads to balance in the intake of water.

Suitable as a base for the beverage are fruit juices, especially apple, pear, orange and lemon juices or mixtures of these. However, in another embodiment it is also possible to use extracts, namely in particular cola, coffee, tea, yerba mate, guarana or mixtures of these.

The beverage in accordance with the invention is prepared by mixing the beverage base with the ingredients in accordance with the invention. To the extent that caffeine-containing extracts are used as beverage base, the amount of added caffeine must be correspondingly reduced in order to obtain concentrations in the range in accordance with the invention.

#### Claims

1. A beverage containing, besides a base for the beverage, 50-5000 mg/L ginger extract, 27-270 mg/L niacin, 3-30 mg/L vitamin B6 and 40-400 mg/L caffeine.
2. A beverage as in Claim 1, which is characterized by the fact that it additionally contains 20-100 µg/L selenium.
3. A beverage as in Claim 1 and/or 2, which is characterized by the fact that a fruit juice is used as base for the beverage.
4. A beverage as in Claim 3, which is characterized by the fact that apple, pear, orange or citrus juice or mixtures of these are used as fruit juice.
5. A beverage as in Claim 1 and/or 2, which is characterized by the fact that extracts are used as base for the beverage.
6. A beverage as in Claim 5, which is characterized by the fact that cola, coffee, tea, yerba mate, guarana or mixtures of these are used as extracts.